

grandparents are Larry and Betty Digges of Calif, George and Bernice Salkeld of Calif.



**Marie Carlile**

Hi! My name is Marie and I am the daughter of Allan and Cynthia Carlile. I have three brothers, Jared 6, Mike, 4, Jacob, 3, and a dog Buttons.

My grandparents are Melvin Carlile and the late Ruth Carlile, and Ammon and Renae Van-Wagoner. My great-grandma is Lula D. Carlile.

My birthday is July 25.

## Flower Show

Always one of the most lovely of displays is the beautiful bouquets of flowers that are brought for the flower show.

This year's flower show will be held in the Middle School Cafeteria,

ome



The Yarrow

# Herbs and their uses

Now is a good time to gather yarrow, A chillea Millefolium. Millefolium means thousand-leaved and a chillea means a member of the daisy family.

During the 12th century, the knights carried a pouch of yarrow leaves as their first aid kit for wounds.

It is suggested 1 ounce of dried yarrow placed in 1 pint boiling water, cover, take off from heat, steam 10 minutes. Take 2 oz. several times a day for colds. It is more effective if elderberry flowers and peppermint are also added.

A hair rinse of yarrow is said to prevent baldness.

It is used for a general tonic.

Medicinal properties: Astringent, tonic, alterative, diuretic and Vulnerary.